



# MID AMERICA NEWSLETTER



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*“What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.”*

*Pg. 68, 6th edition, Basic Text*

## **DISCLAIMER**

Attention Readers; This is the M.A.N. Newsletter. This is the periodical put out by the Literature Committee of the Mid America Region of Narcotics Anonymous. The purpose of this newsletter is “... to increase unity and to carry the message of recovery.” The opinions and views shared in this publication do not necessarily reflect those of The M.A.N. staff, or NA as a whole. No endorsement or affiliation with any groups or other organizations is intended or implied.

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Thank You, The Staff

Just For Today

## *The Recovery Bill of Rights*

The vast majority of people never have contact with recovery from substance abuse. Fear of addicts results from this ignorance.

The result is that more and more of our fellow humans are becoming addicts with no knowledge of their condition.

Addicts are stripped of basic human rights and expected to survive as best they can, and be happy with what they manage to retain.

This cannot be allowed to continue. The following Bill of Rights is a guarantee that no matter who or what you are, if you have fallen as far as you can, you are still a person and certain inalienable rights are yours no matter what.

- 1. You have the right to live your life clean.**
- 2. You have the right to be happy.**
- 3. You have the right to be healthy.**
- 4. You have the right to repair the damage you have caused.**
- 5. You have the right to be gainfully employed again.**
- 6. You have the right to drop your burden and stand straighter.**
- 7. You have the right to ask for help.**
- 8. You have the right to feel safe.**
- 9. You have the right to determine your own future.**
- 10. You have the right to your own spirituality.**
- 11. You have the right to seek recovery however you can find it.**
- 12. You have the right to lie down at night calm, and awaken in the morning with renewed purpose.**

Society has made it possible to indulge in almost every excess imaginable. We have then abandoned those who become addicted, leaving them to fend for themselves. Humanity has a duty to look after these victims. Mankind has a right to live anyway it chooses, but when we lose the ability to make the right choices, we must look after any we leave behind.



*The Third Step Prayer as a  
10th Step  
Guide*

***“TAKE MY WILL AND MY LIFE, GUIDE ME IN MY  
RECOVERY, AND SHOW ME HOW TO LIVE”***

My Life; Make a short list of the things your HP has given you today ie; health, family, friends, ect. Make a mental note of gratitude for the gifts' your Higher Power has given you.

Questions:

Did you make conscious contact with your Higher Power? Prayer/ Meditation or both?

Did you do this several times during the day? How Many?

Your Recovery; What did you do for your recovery today? Examples: Did I share at a meeting? Do some type of service. Talk to my sponsor or a sponsee. Read some NA literature.

Did you do these with an open mind and an honest heart?

Show me how to live; As you interacted with your fellow man did you act on self will? Or did you pause to seek God's will?

When you acted on self will did you harm a person or persons?

Do you owe them amends?

If you acted on God's will did you do so without expectations?

Do you have a feeling of being at peace?

In the situations you acted on God's will give yourself credit and be thankful for the growth in your recovery!!!

Make the necessary amends!!!

***THE JOURNEY CONTINUES***

I am proud to be a member of Narcotics Anonymous and have been a member a little over 8 years. I have seen many things over the years. I have seen many frightful behaviors from members that have many years of recovery and act as if they just walked in 3 minutes ago! I don't know why people in this fellowship think that they are so much better than those around them and treat them as such. Not long ago, I was walking through and got hugs from others at the end of the meeting. I would ask them how they are doing and many of them thought that a quick half hug was fine and walked away!! I know that we are all human. I also know that we all go through stuff. I also know that I am not perfect by any stretch of the imagination. I also try to listen when I ask someone how they are. That IS common courtesy. What are we coming to as a fellowship when we really don't care what's going on around us in the fellowship and it's members? I just wanted to point out to others, that I am trying to change this behavior and that is my stuff. We all need to be careful in how we treat others around us. It's important to not only newcomers, but oldtimers too.



I have been reflecting the importance of my recovery lately, with so many changes in the past 3 years it is still a wonder that an addict can get clean and stay clean. I have been reading from the step guide and came across what was the "turning point" for me. The day I began to believe that this program could do more for me then to just stay clean. I was about 8 months clean, still arguing with the ex-wife about when I get to see my daughters. I was not the nicest husband during my addiction, and was trying to learn a new way to live, and the ex was really not seeing things the way I did. (go figure) I always stated, you don't understand, I am clean now, and she was

still seeing me as the old Jack. I remember being at a meeting several months before this time and the chair person shared during his opening of the meeting, that we have information pamphlets in the rack, free for the taking, and if you ever have a time in need, to pull it out and read it. I had picked up several of them and kept them in my pickup due to the fact I needed to read often, and I had picked out the one which was often on my dashboard. I can remember this day well, I went to the ex's to visit my daughters, an argument started and as usual I walked out, after slamming the door, I spit on her front window. I walked to my truck and got in and started it up. Thought for a minute and turned the ignition off and got out and grabbed some paper towels from behind the seat. I walked up to the window and wiped off my spit. I could see her standing in the living room crying, I read her lips, she said thank you Jack. I returned to my truck, crammed in some loud music and tore off down the street so damn angry. I pulled over several blocks away and was seriously considering the dealers house for a visit. I started to cry and looked in the mirror. I reached for the pink pamphlet on the dashboard and began reading it again. IP #19 Self Acceptance, I read it and cried. Very thankful to not use and take a suggestion from an old-timer. I stayed clean that day and to this day, it is still my favorite literature from the NA program. My turning point that my actions can also change and life will be better for me and those around me. Today my ex-wife is a good friend. Thank you chair person for telling me that the pamphlets were free for the taking. Because the cost of me using again would have been too high. I now have 12 years clean and still read from that pink pamphlet, I am the problem, and I am the solution.

I am **HAPPY** to be me, an addict named Jack,

**JOYOUS**, for the things that I have found in this fellowship called Narcotics Anonymous, and **FREE** from the insanity of my active addiction.

Thanks NA, for saving my life,  
addictJack

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***“Love them all... Conditions Unconditionally?”***

My name is JC or F.B. which ever you know me by. When I decided I wanted “Narcotics Anonymous” it didn’t take me long to pick out a sponsor. I asked Dave O., he gave me a strange look of surprise, and asked what do you want me to do! I said the only thing I could think of; ‘Uh, help me find me again.’ he said “OK”. He also said he would love me unconditionally. I wasn’t sure I really knew what that meant yet. I found out years later after a relapse/ getting clean again. It’s so hard for members to come through the doors again & I know just that. When I was out on a resentment trip there were two people that would still come by (call first) to visit and talk with me, give me strength, encouragement. Two out of the 60 or 75 people that knew I was struggling with the loss of a relationship and resentments. Today I try to keep in mind some things Dave taught me, Be of Service to my fellow Man and to God... Thanks to the thousands of people that it took for one or two that could be there to help me.

Love and Service... James

***Thank You***

I’m sitting here, getting ready to go to a meeting, and I am overwhelmed with gratitude, joy and peace. Twenty-two years ago tonight, at this exact time, I walked through the door to my new life. I didn’t know it then. I was crying hysterically, hopeless, loveless, worthless and completely empty. I wanted to die. I used all day long and couldn’t get high. The pain was so great that nothing could numb it any more.

But the miracle was about to happen. I have not used since that day, and if I don’t use tonight, when I wake up in the morning I will have 22 years clean. Today I am not hopeless, loveless, worthless and empty. My heart overflows with love and gratitude today and I have hope for the future.

I want to say thank you to all of the hundreds if not thousands of people who have touched my life since that cloudy dreary day all those years ago, but that is impossible. There are too many, and many of them are not with us today. So, if you are receiving this email, it is because you have touched my life, loved me, carried a message of hope to me, and made me a better person. Thank you.

I owe all of you my life and so much more. I pray that I am able to give back even a small inkling of what you have given me.

Jeanie



***“Poems from  
Behind the Walls”***

***Finally Free***

As I sit here alone  
And stare at the walls  
I can hear the faint noises  
From up and down the halls.

No one has to tell me  
I've been here before  
And each time I say  
Never, no more

My life is like a twister  
Spinning out of control  
This lifestyle and addiction  
I can't seem to let go

They say I am hopeless  
My family is though  
I've let them all down  
And friends they are few

I've lied and deceived  
Done things I would never have  
done  
And this you see  
Is, what I call fun

I don't know what happened  
To the girl I was before  
I've tried so hard to find her  
But she has washed up on the shore

Inside I know  
This is not what I'm to be  
Even though they think I'm over  
I still have to believe

One day I will be able  
To break this hold on me  
This demon will be gone  
I will finally be free!!

*Author: Cindy H.  
Memphis, Tennessee*

***“Portrait of a Sponsor”***

I can't give you solutions to all of  
life's problems, doubts or fears.  
But I can listen to you, and together  
we will search for answers.

I can't change your past with all it's  
heartache and pain, or the future  
with it's untold stories.  
But I can be there now when you  
need me to care.

I can't keep your feet from stum-  
bling.  
I can only offer my hand that you  
may grasp it and not fall.

Your joys, triumphs, successes and-  
happiness are not mine,  
Yet I can share in your laughter.

Your decisions in life are not mine  
to make, or to judge,  
I can only support you, encourage  
you, and help you when you ask.

I can't prevent you from falling  
away from friendship, from your  
values, from me.  
I can only pray for you, talk to you  
and wait for you.

I can't give you boundaries, which I  
have determined for you,  
But I can give you the room to  
change, room to grow, room to be  
yourself

I can't keep your heart from break-  
ing and hurting,  
But I can cry with you and help you  
pick up the pieces and put them  
back in place.

I can't tell you who you are.  
I can only love you and be your  
friend.

*- Angel B.*

***Behind the Wall poems were tak-  
en out of the winter edition of the  
“Hole in the Wall” newsletter from  
the Oregon State Penitentiary***



...THE TIES THAT BIND...

BASIC TEXT PG. 61

**MID AMERICA  
REGIONAL CONVENTION  
OF NA**

**APRIL  
1, 2, & 3  
2011**

**HUTCHINSON, KS.**

REGISTRATION

Name (s) \_\_\_\_\_  
 \_\_\_\_\_

Address \_\_\_\_\_

City, ST, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

BEFORE 2-21-11	Price	Qty	Total
Pre-Registration	\$ 10.00		
Saturday Banquet	\$ 20.00		
Sunday Breakfast	\$ 15.00		
Mug	\$ 10.00		
Shirt - Size _____ (2X add \$1; 3X add \$2)	\$ 25.00		
Newcomer Donation			
<b>TOTAL PACKAGE</b>	<b>\$75.00</b>		

*Please make checks payable to MARCNA.*



AFTER 2-21-11	Price	Qty	Total
<i>Registration</i>	<i>\$ 20.00</i>		
<i>Saturday Banquet (limited supplies)</i>	<i>\$ 20.00</i>		
<i>Sunday Breakfast (limited supplies)</i>	<i>\$ 15.00</i>		
<i>Newcomer Donation</i>			
<b>TOTAL PACKAGE</b>	<b>\$ 55.00</b>		

***Fill out form and send it to:  
 MARCNA XXVIII  
 PO Box 902,  
 Great Bend, Ks. 67530.  
 Pre- Registration cut off date is February 21, 2011.***

# Word Search- Step 4

C O N F U S I O N R H B Q Q H  
A M G L Q M R B H A O T S S G  
S J H U K E E H O T P A U E A  
S C M P S R C O N I E G N I R  
E O H G E Y O P E O L K D T A  
T N S S A R V E S N E P E I C  
S F S I R A E N T A S U R L C  
E E E N C S R O E L S R S I E  
S S L V H S Y I G I N P T B P  
R S R E I E K T A Z E O A A T  
O I A N N C C C R A S S N I A  
M O E T G E O I U T S E D L N  
E N F O U N L D O I Q G I B C  
R C E R U A N D C O E N N O E  
J R S Y T G U A L N R Y G H C

acceptance  
addiction  
assets  
confession  
confusion  
courage  
fearless

honest  
hope  
hopelessness  
inventory  
liabilities  
necessary  
purpose

rationalization  
recovery  
remorse  
searching  
understanding  
unlock

# Around The Region

Central area reports lots of activities going on to help the still suffering addict. The Hays Fellowship for Freedom group is hosting a speaker jam on January 15th and CKA is hosting it's annual Chili Bowl at the Masonic Lodge in Hoisington on January 22. Fellowship for Freedom Area has been hopping, they had a successful elections process and lots of positions filled. They are hosting a New Years Eve Celebration with a comedian starting at 8:pm. And they are planning a Spiritual Inventory on January 30. Fliers for all these events can be found on [www.marscna.net](http://www.marscna.net). Just for Today area sadly reported that the Neodesha group closed it's doors, but a new group has formed in Emporia. The new group meets Tuesdays and Thursdays at 6:30pm and Fridays at 5:30 see the meeting schedule online for more information. The Freebirds group is hosting a fundraiser on January 15 and the area is hosting a literature fundraiser watch the website for these events.

Miracle Area has reported 10 participating groups in the area!! way to go Miracle. Area Outreach has been working hard and replaced old 5th edition Basic Texts with the current 6th editions at the 1st Step house treatment facility. Pi is looking into a new phonenumber system and the area activities is planning a "There is no FREE LUNCH in recovery CHILI FEED" on Sunday January 16 at 1:pm. Everyone is welcome to attend. Check website for fliers. Primary Purpose reports that the '1 thru 12' group has moved and no longer meets on Tuesdays. 'Night flyers' and 'Newton H.O.W.' is doing well and carrying the message. 'Gift of Life' group has their new website up and running stop by and give them a shout at <http://giftoffifehutch.com>. There are links to MARSCNA, World, Wichita and

they have posted literature in pdf format as well. The Gift of Life New Years Eve Dance will be a regional campout fundraiser as well.

Unity area's Phoenix Group is having a New Years Eve Dance in Salina and a St. Patrick's Day Function they are sending their PI efforts to Junction City to help with service work.

Wichita Metro sadly reported that the 'Hispanos en NA' group has closed it's doors. Unity group is keeping their doors open all day on Christmas in a joint effort with Day by Day group who had their doors open on Thanksgiving to help the newcomers. The areas Annual Celebration of Recovery will be on January 22 and Just for Today of Augusta will be hosting their annual New Years Eve Dance. Fliers are posted on the websites. The areaphonenumber is not fully up an running but you can press the option to speak to a member to get meeting schedules or any help.

Western Area has been working hard to get the area meeting schedule up to date and the website completely revamped. The Activities chair is working on the annual 'Breaking the Wind' chili contest, and the entire area is working together to help all struggling groups in the area. The Dodge City Round- Up Committee has donated a case of Basic Texts to the Regional Convention.

Regional Activities reports needing members to step up for service, there is currently no secretary or co-chair please show up to the next regional activity meeting if you are interested in being a part of service. Activities is also looking for help for next years Annual Service Assembly, they need themes and ideas for workshops, if this is a venture you may be interested in please contact Scott K. for more details.

# Around The Region

The Regional Archivist has been busy converting tapes of minutes from the WSC. He is still looking for old minutes from our region from the early 80's if you or someone you know has some old minutes from subcommittees, groups or areas, please contact Tim S. Our history is important and we must work together to preserve it.

Regional Campout is going strong and looking for a few good Fund-raisers!! They have some wonderful people on the committee ready to come to your group or area to help raise funds for this wonderful event!! This will be the 33rd Annual longest running free campout in the world!! It is sure to be a great event so please show some support and contact Wayne S. for more information on how you or your group can help!!

MARCNA XXVIII is in full swing!! It will be April 1-3 and the hotel is in Hutchinson!! The committee reported at region that the hotel changed it's name to 'The Ramada Hotel and Conference Center' At this time there are no official fundraisers for the convention so if your group or area is planning an event and would like to support this wonderful convention please contact Jake D. for more information!

Regional H&I is hopping and the areas are working hard in a unified effort to carry the message to the still suffering addict. The Project Primary Purpose effort of Eastern Nebraska would like to further explore and research their efforts. The committee needs financial support. This project sends free basic texts to inmates. All inmates have to do to obtain their book is to send a letter with their DOC# to the project. PPP is also looking for fresh artwork to go on their fundraising materials for next years project.

Regional Literature reported needing support in their subcommittee.

If you are interested in helping with literature the committee is in need of a Chair, Co-Chair and secretary. Also the newsletter needs a co-editor and in May a new editor will be elected. Please let groups know that there is still time to review and input Chapters 6-7 plus the preface of the new 'Living Clean' project world is working on. The committee has made copies and have members ready to host workshops for review. The deadline for this input is December 31. You can go online and submit your own input as well. There is also a new Literature Survey available online the deadline for this is April of 2011 this is your chance to be heard on what literature you would like to see produced from NAWS.

Outreach needs support as well. They are looking for a Co-Chair, Secretary and any willing members to go out and do some Outreach work contact Daniel C. for more information.

Steering had a very productive quarter, but due to lack of participation and support they were not able to get the policy ready for review. The committee needs 3 members, one of which would need to be a secretary for the group. Steering is also looking for bids for the 2013 MARCNA this will be the 30th annual convention for this region. If you are interested in submitting a bid contact Wes S.

Soul to Soul reported a spectacular event which was held in October. There were elections for committee members for next years annual retreat and all positions were filled. The theme for next years retreat will be 'Back to Basics' and they are looking for artwork.

So if you are more interested in any of these committees please come down to the next RSC on February 19th and 20th at the Friendship Center in Salina!!

